

Bean Soup

Meal Components: Vegetable, Meat / Meat Alternate

Soups & Stews, H-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		1 qt 3 1/2 cups		3 qt 3 cups	<div>1. In a heavy pot, combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.)</div>
*Cooked dry Navy beans (see preparation note)	3 lb 7 oz	1 qt 2 1/2 cup	6 lb 14 oz	3 qt 1 cup	
Canned tomato paste	4 oz	1/4 cup 3 Tbsp (1/3 12 oz can)	8 oz	3/4 cup 2 Tbsp (2/3 12 oz can)	
*Fresh onions, chopped	3 1/2 oz	1/2 cup 1 Tbsp	7 oz	1 1/4 cups	
OR		OR	OR	OR	
Dehydrated onions		1/4 cup 1 Tbsp	1 1/4 oz	1/2 cup 2 Tbsp	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, chopped	4 oz	1 cup	8 oz	2 cups	

Dried parsley		1 Tbsp		2 Tbsp	
Cooked ham, diced (optional)	4 oz		8 oz		<p>2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.</p>
Enriched all-purpose flour	2 oz	1/2 cup	4 oz	1 cup	<p>3. Combine flour and cold water. Mix until smooth.</p>
Water, cold		1/2 cup		1 cup	<p>4. Slowly add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.</p> <p>5. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (1/2 cup).</p>

Notes

PREPARATION NOTE:

- SOAKING BEANS
 - Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.
 - Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.
- COOKING BEANS
 - Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

- Use hot beans immediately or,
- CCP: Hold at 140°F or warmer.
- OR
- Chill for later use. If chilling:
- CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
- 1 lb Navy beans = about 2 ¼ cups dry or 6 cups cooked pinto beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Dry Navy beans	1 lb 3 oz	2 lb 6 oz
Mature onions	4 oz	8 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat and ½ cup of vegetable.	25 Servings: 6 lb 5 1/2 oz	25 Servings: 3 quarts 1/2 cup
	50 Servings: 12 lb 11 oz	50 Servings: about 1 gallon 2 1/4 quarts

Nutrients Per Serving					
Calories	107	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	6.07 g	Cholesterol		Calcium	51 mg
Carbohydrate	20.24 g	Vitamin A	1141 IU	Sodium	27 mg
Total Fat	0.46 g	Vitamin C	3.7 mg	Dietary Fiber	4.5 g